

# Local Harvest Bake - USDA Recipe I250 for CACFP

Meal Components: Vegetable - Red / Orange, Vegetable - Other

I-26

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed 1/2"	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups	<div>1. Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.</div> <div>2. Bake:</div> <div>3. Critical Control Point: Heat to 140 °F or higher.</div> <div>4. Transfer to steam table pan (12" x 20" x 2</div>
*Fresh beets, peeled, cubed 1/2"	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups	
*Fresh sweet potatoes, peeled, cubed 1/2"	2 lb	1 qt 2 cups	4 lb	3 qt	
Olive oil		1/3 cup		2/3 cup	
Kosher salt		1 tsp		2 tsp	
Fresh garlic, minced		1 Tbsp 1/2 tsp		2 Tbsp 1 tsp	
Dried parsley		Pinch		2 tsp	

5. Garnish with parsley.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. Portion with No. 8 fl oz spoodle (1/2 cup).

#### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

#### Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Butternut Squash	2 lb 7 oz	4 lb 14 oz
Beets	2 lb 11 oz	5 lb 6 oz
Sweet Potatoes	2 lb 8 oz	5 lb

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 5 lb  <b>50 Servings:</b> about 10 lb	<b>25 Servings:</b> about 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")  <b>50 Servings:</b> about 1 gallon 1 quart / 2 steam table pans (12" x 20" x 2 1/2")

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Nutrients Per Serving					
Calories	84	Saturated Fat	1 g	Iron	1 mg
Protein	1 g	Cholesterol		Calcium	28 mg
Carbohydrate	12 g	Vitamin A	8515 IU	Sodium	129 mg
Total Fat	4 g	Vitamin C	10 mg	Dietary Fiber	3 g